

Michigan Alcohol Screening Test

(Short MAST-G)

In the past year:

1. When talking with others, do you ever underestimate how much you actually drink?	Yes	No
2. After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?	Yes	No
3. Does having a few drinks help decrease your shakiness or tremors?	Yes	No
4. Does alcohol sometimes make it hard for you to remember parts of the day or night?	Yes	No
5. Do you usually take a drink to relax or calm your nerves?	Yes	No
6. Do you drink to take your mind off your problems?	Yes	No
7. Have you ever increased your drinking after experiencing a loss in your life?	Yes	No
8. Has a doctor or nurse ever said they were worried or concerned about your drinking?	Yes	No
9. Have you ever made rules to manage your drinking?	Yes	No
10. When you feel lonely, does having a drink help?	Yes	No

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Source: University of Michigan Alcohol Research Center

Prevention Pathways: *Online Courses*
<http://www.samhsa.gov/preventionpathways>

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Scoring: If the person answered "yes" to two or more questions, encourage a talk with the doctor.

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